

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Commander's call

There is a commander's call at 7:30 a.m. and 5 p.m. today in Hangar One. All 31st Fighter Wing Airmen must attend. Civilians are welcome.

Pavement markings

The pavement markings in Area Two are scheduled to be repainted Monday and Tuesday. The parking lot north of the dining facility is the alternate parking area. The dates are subject to change due to weather. For more information, call Staff Sgt. Simon Zika at Ext. 6018.

Tops in Blue

Tops in Blue is scheduled to perform 7 p.m. Saturday and 3 p.m. Sunday in Hangar One. The show is free and local nationals are invited to attend the Saturday show. Local nationals need to reserve a seat by calling Ext. 7555.

Deployed kids club

A club for children in grades one through five and home schooled children with a deployed parent meets Thursdays in the elementary school library during lunch-time recess. For more information, call Ext. 5096.



Photo by Staff Sgt. Michael Holzworth

Going up in smoke

Aviano Elementary School students line up outside the school to meet Sparky Oct. 6. The 31st Fire and Emergency Services Flight were there to teach the children about Fire Prevention Week. See page 10 for more photos.

Aviano taking care of its own

By Senior Airman Colleen Wronek
31st Fighter Wing Public Affairs

Families of deployed loved ones gathered in the community center Oct. 5 during the deployed families briefing to get information on resources available to them.

The theme of the briefing was "No Questions Left Unanswered," and various Aviano

support agencies discussed the programs they offer.

"It was very important for me to attend this briefing. It was great information for me and I'm also able to bring this back to other spouses who couldn't attend," said Michele Conway. "This is the best meeting of its kind that I've been to. We're all in the

See Deployed, Page 5

Spouse It Up: The next Spouse It Up event is 11 a.m. Wednesday in Area D. All spouses and children are welcome.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	455.6	303
	+312.1	+30

Information current as of Thursday.



Varsity sports

Aviano members have a lot of options available when it comes to keeping fit - varsity sports is just another fun way to keep active.

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Man of steel

This Aviano Airman has been pushing himself to the limit during his training to become the next Ironman.

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31st Fighter Wing

Commander's Corner

Hello World's Finest!

I'd like to write a feel-good article this week, but due to recent events, I need to use this space to bring some things to the table and turn things around.

Frankly, we've experienced too many DUIs and alcohol-related incidents over the past month. I have concluded that it's time to make a few changes to ensure we don't hurt ourselves or anyone else. I covered the changes during today's Commander's Call but will do so again below.

First, a unit experiencing a DUI will hold a unit alcohol/safety day on the next awarded goal day. If no goal day is awarded that month, the unit will accomplish this requirement the next normal off day. The purpose of the alcohol awareness/safety day is to refocus – on wingman consideration, support for one another, responsibility, accountability, the mission, and plain old taking care of one another. In addition, if the wing experiences more than one DUI in a month we will not earn that goal day off.

We will also institute Friday roll calls at the shop level. Each Friday morning, supervisors will hold "roll calls." The purpose of roll call is to emphasize safety, gain awareness of travel and recreational plans, and disseminate key information. Again, roll call will be conducted at the shop level. Shop supervisors will be provided with a detailed explanation of the purpose of roll calls; after a few weeks this will become 'old hat,' and our operation will run more smoothly.

A final change will be made to ensure our uniforms are in compliance with Air Force

Instructions. Effective Monday, only brown or black T-shirts, turtlenecks, dickies or white or brown thermal undershirts will be authorized in the BDU or flight suit uniforms. The olive green sweater or sleeping shirt will only be worn under the BDU shirt. A unit patch on T-shirts displayed in accordance with the AFI will be fine, but the various colored T-shirts previously worn here will no longer be authorized for wear with either of these uniforms. I encourage each squadron to display unit pride by wearing the colored T-shirts out of uniform, but authorized dress and appearance will always be consistent with AFI guidance.

Members of the World's Finest Team – we've hit a significant bump in the road. Many of the changes above have been pending for some time. Others are a direct result of recent and disappointing incidents – specifically DUIs and alcohol-related incidents. I'd like each of you to take time this weekend to refocus and re-energize. Think about taking care of one another. Think about your position and contribution to the team. Think about serving your country and why you joined the world's finest Air Force. And think about our ultimate goal – to be the best, period! Have a safe and productive weekend, and enjoy Tops in Blue. I look forward to working with you all next week at the World's Finest Ranch.



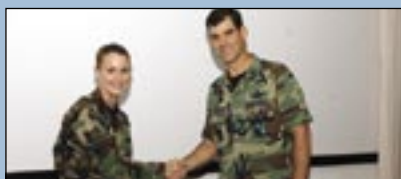
Commander's Connection

Q: I've noticed the Auto Skills Shop has opened their new facility; however, they offer fewer repair services to their customers. Is there any reason for this? Having to seek minor auto repair work off-base can be a huge strain and pain. Ideally, I would prefer to have my car serviced by American mechanics who know American cars. The convenient location of the new Auto Skills Shop is wonderful, but it does no good if they no longer offer repair work.

A: This is a great question. Although the Auto Skills Shop is open, the services available are limited until certain equipment

arrives. Once the shop receives the new equipment, you will be able to obtain even better repair service than in the past. The new service lifts should arrive and be installed by the end of October. In the meantime, the shop will continue to offer minor vehicle repairs and limited resale. For self help folks, the Auto Skills Shop is currently offering safety and orientation classes 12:30 p.m., 3 p.m. and 6 p.m. Monday through Saturday.

To submit a question to the Commander's Connection, e-mail cc.connect@aviano.af.mil. It is recommended that members contact the appropriate agency or go through their chain of command before using the Commander's Connection.



Brig. Gen. Robert Yates presents a wing coin to Senior Airman Rebecca Baker after she spent the day as his shadow.

Aviano Airman of the Week

Name: Senior Airman Rebecca Baker

Unit: 31st Maintenance Squadron

Hometown: Stafford, Va.

Accomplishments: "Airman Baker is one of the hardest working people in armanent. Everything she does is exceptional and she's an all around hard worker," said Master Sgt. Terry Johnson, 31st Maintenance Squadron.

Aviano Airmen receive non-judicial punishment

Courtesy of 31st Fighter Wing Legal Office

31st Aircraft Maintenance Squadron

An airman 1st class received an Article 111 for drunk driving. For this misconduct, the Airman received suspended 30 days extra duty, suspended 30 days restriction, reduction to E-2, a reprimand and forfeiture of \$692 pay for two months.

A staff sergeant was charged with an Article 92 for willful dereliction of duty and an Article 107 for making a false official statement. The member received a suspended reduction to E-4, a reprimand and forfeiture of \$200 pay for one month.

31st Logistics Readiness Squadron

A technical sergeant was charged with an Article 128 for assault and battery. For this misconduct, the member received 30 days extra duty, reduction to E-5 and a reprimand.

A staff sergeant was charged with an Article 92 for government computer violations. The Airman received 10 days extra duty, suspended reduction to E-4, a reprimand and forfeiture of \$456 pay for one month.

31st Security Forces Squadron

A senior airman was charged with an Article 134 for reckless endangerment, an Article 117 for provoking speech and gesture and an Article 92 for violating a general order. For this misconduct, the Airman received reduction to E-3, a reprimand and suspended forfeiture

\$500 for two months.

An airman 1st class was charged with an Article 89 for disrespecting an officer, an Article 113 for misbehavior of sentinel and an Article 90 for disobeying a lawful command. For this misconduct, the Airman received 30 days extra duty, suspended 15 days extra duty, a suspended reduction to E-2, a reprimand and forfeiture of \$250 pay for one month.

A senior airman was charged with an Article 92 for government computer violations, instant message sites. For this misconduct, the Airman received 30 days extra duty, 15 days extra duty, reduction to E-3, reprimand and forfeiture of \$250 for two months.

A senior airman was charged with an Article 92 for government computer violations, porn and other. For this misconduct, the Airman received suspended reduction to E-3, a reprimand and forfeiture of \$250 pay for two months.

603rd Air Control Squadron

A senior airman was charged with an Article 134 for adultery. For this misconduct, the Airman received suspended reduction to E-3, a reprimand and forfeiture of \$250 pay for two months.

724th Air Mobility Squadron

An airman 1st class was charged with an Article 111 for drunk driving. For this misconduct, the Airman received 45 days extra duty, reduction to E-2, suspended reduction to E-1, a reprimand and forfeiture of \$617 pay for two months.

Punishment under Article 15, otherwise known as nonjudicial punishment, is action by a service member's commander in response to suspected violations of the Uniform Code of Military Justice. The commander determines if the service member committed the offense and, if so, imposes appropriate punishment. Service members always have the option to turn down an Article 15 and demand trial by court-martial.

NJP allows commanders to discipline members through a means that is more serious than other administrative corrective measure when circumstances do not warrant a court-martial.

The amount of punishment that a commander can impose is subject to limitations based on the commander's rank and the member's rank. In general, punishments are limited to restrictions, forfeitures of pay, reductions in grade, extra duties and reprimands.

The commander or a successor may suspend, mitigate, remit or set aside a punishment or part of a punishment. If the punished member considers the punishment to be unjust or disproportionate to the offense, the member may appeal to the next superior commander.

Bingo: The Aviano Middle School Parent Teacher Organization is hosting a bingo night 5:30 p.m. tonight. Tickets are \$3.50 at the door.

Deployed, from page 1

same situation so I felt very comfortable asking questions."

A big question during the briefing was on morale calls and it was explained how a base operator can connect the deployed person or the spouse to their calling card in order to save money on long distance calls.

To put minds at ease, attendees received a political overview of Iraq and Afghanistan from the 31st Operations Support Squadron, a briefing on the family support center programs available to families with a deployed member, a representative from the elementary school discussed a sup-

port program available to children whose parent is deployed, Aviano's American Red Cross representative briefed available options for emergencies, a TRICARE representative discussed medical care and other various Aviano agencies briefed on services they provide to family members.

The elementary school mentioned their deployment club for kids who have a parent deployed, TDY for training or who have just returned. The purpose of the club is to make life seem as normal as possible for the children and it meets every Thursday after lunch during recess in the library. The club

Important numbers

Aviano Red Cross - Ext. 5576

Family Support Center - Ext. 5407

Family Advocacy - Ext. 5667

Child Development Center - Ext. 8246

Tricare Service Center - Ext. 5133

Air Force Aid Society - Ext. 5598

is open to for children grades 1-5 and home schooled students. Children can still come to the club even after their parent has returned.

"This briefing was an excellent resource. All the info was in this one place," said Aviano family member Betty Dore.

Some events coming up

for families with a deployed loved one were mentioned at the briefing. The next Spouse It Up is at 11 a.m. Wednesday in Area D. The next Deployed Spouses dinner is 6 p.m. Oct. 26 in the La Dolce Vita. Spouses and children are encouraged to attend and enjoy free food, music and games.



Photo by Staff Sgt. Shannon Kluge

Deployed Airman

Senior Airman Jordan Perry, deployed to Balad AB, Iraq's 332nd Expeditionary Maintenance Squadron, installs the initiator fuse during the construction of a joint direct attack munition.

Haunted Happenings

Volunteers - Volunteers are needed to help build the Haunted House. Work will continue on the house until opening day. For more information, call Ext. 5479 or e-mail Airman Nathan Carpenter at nathan.carpenter@aviano.af.mil. Volunteers are also needed to hand out candy for Trunk and Treat Oct. 29. To volunteer, visit the community center or youth center.

A good scare if you dare - The teen center is hosting a "Scary Movie Night" 6 to 10 p.m. Oct. 31. Parental permission is needed and the event is free.

Monster movie marathon - Teenagers can watch scary movies playing continuously Oct. 29-31 in the base library.

Spooky tales time - Moms and dads can dress their little goblins in Halloween cos-

tumes and bring them to the library from 10 to 11 a.m. Oct. 31 for a spooky story hour.

Haunted house - The haunted house is open from 5 to 10 p.m. Oct. 28-29 at Hangar six, next to Outdoor Recreation. A less scary hour is from 5 to 6 p.m.

Trunk and Treat - Trunk and Treat is 6 to 8 p.m. Oct. 29 on Capt. Gori Street, behind the base exchange next to outdoor recreation.

Ghoulish games - Youth programs is offering a variety of games and activities for children 2-11 years-old from 5 to 7 p.m. Oct. 31 in the community center. Activities include arts and crafts, a costume contest, beanie baby bingo and face painting. Children must be accompanied by an adult. Light refreshments are also available.

New to the Blue

Congrats to these Aviano families on their newest additions!

Michael John O'Keefe III was born April 11 to Lisa and Capt. Michael O'Keefe Jr., 31st Medical Group and sister Jennie, 3.

Evelina Elna Cronk was born June 2 to Ekaterina Alekseevna Cronk and Staff Sgt. Howard Cronk, 31st fighter Wing and brother Alexander.

D'Angelo Genevani Adams was born June 14 to Senior Airman Geneva and Master Sgt. Luis Adams, 31st Services Squadron and 31st Mission Support Squadron respectively, and sisters Alexis, 21, Brianna, 12, D'Monique, 2 and brother Luis, 18.

Roman Manuel James Angulo was born Aug. 19 to Tech. Sgt. Genesia and Tech. Sgt. Alex Angulo, 16th Air Force and 31st Security Forces Squadron, respectively.

Amelia Claire Diaz was born Aug. 25 to Elizabeth and Master Sgt. Luis Diaz, 31st Maintenance Squadron and brothers Zacharias, 11, Vincent, 7 and sister Isabel, 4.

Seth Michael Rychnovsky was born Sept. 8 to Brandi and Airman 1st Class Joseph Rychnovsky, 31st Logistics Readiness Squadron.

Tristan Ray McLaughlin was born Sept. 17 to Jessica and Staff Sgt. Mark McLaughlin, 31st Logistics Readiness Squadron.

George Richard Perez III was born Sept. 20 to Jalena and Senior Airman George Perez Jr., 31st Communications Squadron and sister Alyssa, 3.

Daniel William Smith was born Sept. 20 to Tricia and Staff Sgt. Bryan Smith, 31st Aircraft Maintenance Squadron and brother Joshua, 19 months.

Briseis Eve Uruchurtu was born Oct. 1 to Staff Sgt. Monica, 31st Medical Support Squadron, and Israel Uruchurta, 31st Communications Squadron, and sister Maya, 15 months.

Note: Baby announcements can be sent either through the form provided by the 31st Medical Group, or e-mailed to vigileer@aviano.af.mil.

Domestic violence: Don't live with the lasting effects

By Airman 1st Class

Sarah Gregory

31st Fighter Wing Public Affairs

In an effort help end violence against women and children and to connect battered women's advocates, President George W. Bush declared October to be Domestic Violence Awareness Month.

"Most of us are aware domestic violence exists, but we usually think of it as someone else's problem, or something that is unlikely to affect us directly," said Ann White, 31st Medical Operations Group family advocacy outreach manager. "Unless we think of domestic violence as our problem, part of our own lives, we are not facing the issue."

Domestic violence can be described as a pattern of behavior used to establish power and control over another person with whom a relationship is or has been shared through fear and intimidation, often including the threat or use of violence.

"We now know domestic violence has

a very broad definition and many aren't aware of situations considered to be abusive, even in their own home or in the home of someone close to them," explained Mrs. White. "Most people associate domestic violence with injury or something that can be seen or treated medically."

Mrs. White advised there are ways to predict abuse before it begins.

"Characteristics such as jealousy, quick involvement in a relationship, rapid dramatic personality shifts, blaming others for their own problems, isolation, cruelty to animals and manipulation through guilt are typical early warning signs of abuse," she said. "Any type of emotional abuse, including negative words about the spouse, limiting activities or access to finances is also cause for concern, she said"

Spouses aren't the only people affected by abuse.

"Many of the effects of abuse in the home stem from family member backgrounds," said Mrs. White. "Without positive role models while growing up, children don't learn appropriate ways to interact later as spouses or parents. It's important for parents to acknowledge children's feelings early on and to let them learn about communication, problem solving and decision making by example.

"We all have a responsibility to recognize abusive situations and to help prevent someone having to live with the lasting ef-

The family advocacy clinic offers classes for men 9 a.m. Tuesdays and for women 9 a.m. Thursdays.

For more information on domestic violence, or to get help, call the family advocacy clinic at Ext. 5667.

fects of domestic violence."

It is recommended that people in a potentially abusive relationship seek help as soon as possible.

"If you or someone you know is living in a situation where they feel unhappy or threatened, they may be in an abusive environment, which needs attention," she said. "Situations such as these don't usually resolve by themselves, but rather deteriorate unless some changes are made to intentionally improve the family interaction. Power and control over another family member is a sign that the partnership is unequal and therefore causing problems."

Family advocacy offers several classes for men and women seeking help.

"These groups explore the dynamics of domestic violence as well as healthy relationships," explained Marion Avoy, family advocacy treatment manager. "Here members learn anger management skills as well as communication skills. The groups are considered prevention groups, so anyone can attend one to see if it fits for them."

Think about this: Four million American women experience a serious assault by a partner during an average 12-month period and an estimated three women are murdered by their husbands or boyfriends every day.

Re-opening: The arts and crafts center and engraving and frame shops close Oct. 22 and re-open Nov. 7 in Area F.

Aviano medical clinic hosts women's health day

By Airman 1st Class

Sarah Gregory

*31st Fighter Wing
Public Affairs*

The 31st Medical Group is hosting a Women's Health Day 9 a.m. to 4 p.m. Saturday in the Area One clinic.

The purpose of the event is to educate women about health issues such as breast self-exams, domestic violence, osteoporosis, exercise and nutrition.

"We are sponsoring this event because women's health is a priority for the 31st Medical Group," said Maj. Dana James, 31st Medical Operations Squadron. "Twenty-five percent of our total beneficiary popu-

lation are women 21 years and older. Breast cancer and cervical cancer, if detected early, has very high treatment success rates."

In addition to the health issue information, the clinic will conduct scheduled mammograms and cervical cancer screening appointments.

"Women need to have routine 'well-woman' exams so any problems detected can be treated early when they are easier to cure and can cause less damage," said Major James. "The 'well-woman' exam includes a basic history and physical, breast exam and pelvic exam with a Pap smear."

Breast cancer is the most common malignancy among

women in the United States and is the second leading cause of death.

"It's important for women to do monthly breast self-exams, have an annual provider breast exam and annual mammograms beginning at 40, depending on personal history," explained Major James.

Another purpose of the health day is to stress the importance of cervical cancer screenings.

"Cervical cancer screenings save lives, yet 11 percent of women report that they do not have regular cervical cancer screenings or Pap smears," Major James said. "A Pap test and pelvic exam are important parts of a woman's routine health

care because they can detect cancer or abnormalities that may lead to cancer of the cervix. Beginning at age 21, women should have a Pap test annually and then after three consecutive normal Paps, should be screened at least once every three years."

The clinic will also host a free presentation by Dr. (Maj.) Kristen Beals on common breast diseases.

"We want our women to know how they can take charge of their health care and make educated health care decisions," said Major James. This is a great opportunity for women to learn about diet, lifestyle changes and ways to improve women's overall health."

It's getting hot in here

Aviano celebrates National Fire Prevention Week



Left: Airman Ismael Marte, 31st Civil Engineer Squadron, shows Iain Westphall how to use the water cannon on the fire truck during Fire Prevention Week. As part of the prevention week, firefighters visited Aviano schools and taught students about this year's theme, "Using Candles with Care."



Above: Elizabeth Harris and her son William get a fire prevention gift from Master Sgt. Kirk Anderson, 31 CES, in front of the Aviano Base Exchange Oct. 11. Aviano Firemen set up an information table and a bake sale outside the exchange during National Fire Prevention Week.

Right: Bryant Nicodemus, 31st CES assistant fire prevention chief, reads to children at the Aviano Library in Area One.



Photos by Staff Sgt. Michael Holzworth

GET UP, GET FIT

Aviano varsity sports offers something for everyone



The Aviano Dragon Fitness Center offers a wide variety of year-round varsity sports. The fitness center advertises for coaches beginning a month prior to the season kick-off.

Sport: Men's and women's soccer
Season: August through October

Sport: Men's and women's basketball
Season: November through March

Sport: Men's and women's volleyball
Season: March through May

Sport: Men's and women's softball
Season: April through September

For more information on any of these varsity sports, call Neville Besignach, varsity sports director, Area Two Fitness Center at Ext. 7574.

The Headquarters U.S. Air Forces in Europe Sports office hosts individual events Aviano members can participate in. To play, people need to fill out an Air Force Form 303 and submit to USAFE Sports for selection. Individual participation sports include: track and field, golf, racquetball, cross country, swimming, powerlifting and bowling.



Left top: Vernon Ivy, 31st Services Squadron basketball team member shoots a foul shot during the Over 30 Basketball Championship game here March 8.

Left bottom: Aaron Thomas, a 31st Security Forces Squadron team member hits a home run during the base intramural softball championship here July 29.

Left: Kirna Hires of Team Aviano spikes a volleyball against Team Ramstein during the U.S. Air Forces in Europe Women's Volleyball Championship.

La Leche League

The La Leche League of Aviano will meet 10 a.m. Monday in the Chapel Education Center, Bldg 168 in Area One. The group welcomes pregnant and breastfeeding women.

The informal topic of discussion will be "Why breastfeed your baby?" Babies and children are always welcome at meetings. LLL provides information and support on all aspects of breastfeeding. For questions call 348-242-5373 or e-mail LLLAviano@yahoo.com.

Vet clinic

The veterinary clinic is open for sales and appointment booking only from 8 a.m. to noon Monday through Oct. 21 and is closed Oct. 31. For more information, call Ext. 8485.

Baby care class

The Little Sprouts Basic Baby Care class is 5:30 to

7:30 p.m. Monday in the life skills support center conference room. The class teaches basic baby care, infant cues, safety, discipline, growth and development. To sign up, or for more information, call Ext. 5667.

Red Ribbon week

The Adolescent Substance Abuse Counseling Services is asking for donations for Red Ribbon Week Oct. 25-28 at the Aviano High School. Donations of bags of candy with no chocolate or peanut products and gift certificates for the food court, movies and the base exchange will be used for prizes during the week. Cash donations are also accepted. All donations must be received by Oct. 21. For more information, call Ext. 5477.

Deployed spouses

A free dinner for spouses and their children who have a deployed family member

is 6 to 8 p.m. Oct. 26 in the La Dolce Vita dining facility. There will be music and games and children can be entered into a Halloween costume contest. For more information, call Ext. 8206.

Thrift Shop

The Aviano Thrift Shop is hosting a yard sale from 8 a.m. to noon Nov. 5 in the high school multi-purpose room. The thrift shop is located behind the chapel in Area One. For more information or to rent a table, call Ext. 5428 or 349-470-9262.

Future fair

The Aviano High School is hosting a Future Fair from 5 to 7 p.m. Nov. 15. The fair focuses on education and training beyond high school and information tables will be setup for students and parents to browse.

The school also needs community members who can talk to students about their training and careers. Those interested must contact the school they want to represent and ask for college fair materials as soon as possible. For more information or to volunteer as a representative, call Cheryl Owen at Ext. 5919 or e-mail cheryl.owen@eu.dodea.edu.

Holiday bazaar

La Bella Vista is hosting a holiday bazaar Nov. 18 - 20. A variety of vendors will be selling their holiday goods. For more information, call Ext. 4303.

Career broadening

The Air Force Senior Leader management office is soliciting enthusiastic, mature and professional applicants with solid records of performance, good attitude, interpersonal and culinary skills to fill enlisted aide openings. Applicants must be a second term or career Airman to apply. For more information, visit <https://www.dp.hy.af.mil/afslmo/afslmoe/inde.htm>.

Financial counseling

Aviano's Family Support

Center provides one-on-one financial counseling. People can call Ext. 5407 for an appointment for information on Thrift Savings Plan, retirement accounts, Roth IRAs and other financial concerns.

Cub Scouts

Aviano Cub Scouts is registering new scouts within their respective dens. Boys from first through fifth grade are assigned to dens based on age and grade in school. Cub Scouts of America prepares young people to make ethical and moral choices. Several fall activities have already been planned in addition to weekly meetings held by each den. For more information, e-mail Rich Tangen at richard.tangen@aviano.af.mil.

Native American heritage

November is Native American Heritage Month. Anyone interested in being a part of the committee can call Tech. Sgt. Fawn Runs After at Ext. 4418 or Staff Sgt. Jerry Pierson at Ext. 4346.

Overseas study

The Air Force is offering the opportunity for graduate study overseas to line officers through the Olmsted Scholar Program. Those selected will begin study for the 2006-2007 school year. Applicants must be an active duty line officer with between three and 11 years of commissioned service and no more than 11 years total service by April 1, 2006.

All applications must arrive by Nov. 18 and should be sent to: HQ AFPC/DPAFE, 550 C Street West, Ste. 36, Randolph AFB, TX 78150-4734. Application procedures can be obtained from the officer developmental education Web site at <http://www.afpc.randolph.af.mil/fdso/Olmsted.htm>. For more information, visit the Olmsted Foundation Web site at www.olmstedfoundation.org.

Reel Times

Today, 5 p.m. - "The Dukes of Hazzard" Rated PG-13 - Bo and Luke Duke, with the help of their eye-catching cousin Daisy and moonshine-running Uncle Jesse, try to save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg. Starring: Seann William Scott, Jessica Simpson

Today, 8 p.m. - "The Cave" Rated PG-13 - A rescue team is sent into the world's largest cave system, but when their escape route is cut off, they are hunted by creatures that live below. Starring: Morris Chestnut, Eddie Cibrian

Saturday, 7 p.m. - "The Great Raid" Rated R - Based on a true story, the 6th Ranger Battalion aims to liberate over 500 prisoners of war from a Japanese POW camp. Starring: Benjamin Bratt, James Franco

Sunday, 7 p.m. - "Supercross" Rated PG-13 - Two brothers overcome emotional and physical obstacles to achieve success in the world of Supercross racing. Starring: Steve Howey, Mike Vogel

Tuesday, 7 p.m. - "The Dukes of Hazzard" Rated PG-13

Wednesday, 11:30 a.m. - "Pooh's Heffalump Movie" Rated G - The Hundred Acre Wood crew sets forth to catch the much-feared Heffalump. Animated

Wednesday, 7 p.m. - "The Cave" Rated PG-13

Thursday, 7 p.m. - "The Great Raid" Rated R

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local area events

Through October - A butterfly exhibit in Bordano. Visit www.cosetura.com for more information.

Through Oct. 28 - The white truffle festival in Alba. These mushrooms are more costly by weight than gold.

Through Oct. 23 - The Chocolate Revolution in Perugia. Visit www.eurochocolate.com for more information.

Sunday - Monday - The "Incontriamoci a Pordenone" or the "Let's meet in Pordenone" festival featuring shows, concerts and special events in the streets and squares of the town.

Castles

The Friuli Giulia Venezia region has guided castle tours at 11 a.m., 3 p.m. and 5 p.m. Sunday. The cost is €5. For more information, visit www.consorzioicastelli.it

Strassoldo

The "Fruits, Water and Castles" fall exhibit is Oct. 22-23 in the Castle Park of Strassoldo. For more information, visit www.castellodistrassoldo.it.

History exhibit

A history exhibit featuring clothing, utensils and precious stones is on going in Cividale del Friuli. For more information, visit www.cividale.com.

Safe traveling tip

When traveling around Europe, remember to avoid handbags, fanny packs and outside pockets; they are easy targets.

Heidelberg offers unique German experience

Story and photo by
1st Lt. Nicole Dubnicay 31st
fighter Wing Public Affairs

The name stands for the world-famous Castle and a picturesque Old Town in breathtakingly beautiful surroundings. The city of Heidelberg, Germany boasts many wonderful sights, smells, tastes and shopping opportunities for those looking for a unique German encounter.

The castle was first built more than 600 years ago, destroyed twice and each time new eras of construction and ideas were imposed on the already massive structure. Guided tours are available to view the interior of the castle and offer a more detailed history of the establishment.

The structure, now largely in ruins, preserves numerous examples of medieval, Renaissance and baroque German architecture.

The city is also known for its wine. Here you can taste some of Germany's famed Ice Wine. Though it's expensive, it is some of the best sweet wine made in the region. The castle holds one of the largest wine barrels in the world; originally the residents of the city paid their taxes to the lord of the castle in wine.

The castle is open daily from 8 a.m. until 5:30 p.m. The last guided tour runs at 4 p.m. but the gardens and walks around the outside of the building are open to visitors 24 hours a day. You can take a stroll in the gardens overlooking the city of Heidelberg at night. The castle is illuminated over the river and offers breathtaking views of the surroundings.

There is a tram that takes passengers up to the castle, or pedestrians can take the more than 300 steps that wind up the hillside to the castle grounds.



The Heidelberg Castle, now mostly in ruins, has been destroyed twice and rebuilt during different architectural eras.

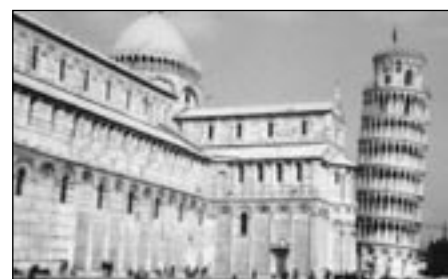
The city offers many walking areas full of shopping and palatable delights - from traditional German fare to Italian or sushi. By taking a stroll down the main city street, "die Hauptstraße," you can reach the restaurants and shopping that varies from souvenirs to clothing.

The Heidelberg University is more than six centuries old, although its main building today dates from 1712. For the 500th anniversary of its founding in 1885, the interior of the Old Aula received a glorious renovation. Heidelberg student life was famously recorded by Mark Twain during his 1878 trip here in 'A Tramp Abroad.'

From the Philosopher's Path visitors can enjoy an overall view of Heidelberg from the same spots where Hölderlin, Goethe or Heidegger would take pause. From here you can best view the "Heidelberg Trinity" of castle, river and bridge.

Heidelberg offers a city pass from the tourism office that includes transportation, guides and maps of the area. It truly is a great way to visit many of the charms of Germany all within one city.

Travel Web site: Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe.



Courtesy photo

During the 200-year construction of the **Tower of Pisa**, efforts were made to stop the tower from leaning. Today, efforts are still being made so the tower can have a long life.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Oct. 22- Pisa and Da Vinci Museums
- Oct. 22- Guided Salzburg and the Sound of Music tour
- Oct. 29 - Special Gardaland Amusement Park for Halloween
- Oct. 29- Special Halloween Medieval Banquet in Carinthia Region, Austria

- Nov. 12-13 - Wine tasting in Tuscany
- Nov. 25-28- Thanksgiving in Budapest, Hungary

ITT escorts ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Call Ext. 5072 or 5026, for more information.

Aviano maintainer turns Ironman

By Senior Airman Colleen Wronek
31st Fighter Wing Public Affairs

One Aviano maintainer has no problem getting "fit to fight" because in his spare time he trains to be an "Ironman."

Master Sgt. Bryant Hafler, 31st Maintenance Squadron, avionics flight superintendent, will compete against 1,800 athletes from all over the world for the title of "Ironman" this Saturday during the world championship Ironman triathlon in Kailua Kona, Hawaii.

"My goal for the last eight years has been to garner a spot on the starting line in Hawaii," Sergeant Hafler said.

Sergeant Hafler has realized this goal to compete in the world championship three times, including the triathlon this Saturday.

He competes on the Air Force team and spends about 10-24 hours a week training. His typical week could include five to seven miles of swimming, 200 to 300 miles of biking and 30 to 50 miles of running. Sergeant Hafler also trains with yoga and weight lifting.

"The discipline and mental focus I've learned in the military has enabled me to stick with the insane amount of training these races require," he said.

The Ironman triathlon takes a typical triathlon to a new level. In this triathlon, triathletes swim in open water for 2.4 miles, cycle for 112 miles and then run a marathon.

"In the beginning of the season, the time and energy demands are reasonable, but as the year progresses, I'm really burning the candle at both ends," Sergeant Hafler said. "Flexibility is important. Being in the military means that I can't always plan on getting the time to train, but I've found that if it's important to you, you find the time."

There are 26 Ironman qualifying events held all over the world with 50,000 people competing to qualify. The qualifying events lead to the world championship held annually in Hawaii.



Courtesy photo

Above: Master Sgt. Bryant Hafler crosses the finish line during one of the qualifying Ironman triathlon events.

Below: Sergeant Hafler cycles 112 miles during a qualifying Ironman triathlon event. Sergeant Hafler is currently competing for the title of Ironman in Kailua Kona, Hawaii.



Courtesy photo

Fly Bys

Basketball

People interested in participating in the 2005-2006 Men and Women varsity basketball teams can contact Neville Besignach or Robby England at the Area Two fitness center or call Ext. 7574.

Bowling

Tryouts for the Aviano Bowling team are at 9 a.m. Oct. 22 and 9:30 a.m. Oct. 23. Tryouts consist of 12 games over the two days, with the highest four averages being placed on the base team. For more information, call Ext. 8642.

Football frenzy

La Bella Vista invites football fans to watch Monday Night Football, enjoy snacks and win prizes 5 p.m. Sundays and Tuesdays. Call Ext. 4303 for more information.

Technicians needed

Outdoor recreation seeks ski and snowboard technicians and a lawn mower / small engine person. To apply or for more information, call Ext. 8623.

Outdoor Recreation

A local area orientation hiking trip is scheduled for Oct. 22. The cost is \$10 and the deadline to sign up is Monday. For more information on any of these trips, or to sign up, call Ext. 8623.

Get golfing

A moonlight golf outing is scheduled for 6 to 10:30 p.m. Oct. 28. The \$18 entry fee includes a steak dinner and use of glow-in-the-dark golf balls. For more information on these events, or to sign up, call Ext. 7386.

Referees needed

The Aviano Officials Association is looking for high school football and volleyball officials for the upcoming season. Interested participants may call Joe Russo at 348-252-4885 or Chief Master Sgt. Gregory Smith at Ext. 4978.

Airmen taking care of Airmen

By Maj. Glenn Quanbeck
31st Contracting Squadron commander

Recently, I teamed up with the Airmen Against Drunk Driving night shift. While on duty, the 31st Contracting Squadron team of volunteers sat around and waited for a call from an Airman in need of a safe ride home. To our surprise we didn't have to go far to find a very intoxicated Airman needing help. He was just around the corner from the AADD command post. The poor Airman could barely stand and was totally disoriented. Those on AADD duty that night kept an eye on the Airman until the nearby gate security police arrived to help him home.

Later, as I reflected on the event, one question came to mind – “Where was his wingman?” It was obvious this Airman's wingman, if he had one, had “gone blind.” Fortunately, the Airman was walking, not driving!

Who's your wingman? As a wingman, are you there when you're needed? “Wingmanship,” in simple terms is all about maintaining constant situational awareness and dedication to serving others in need — not only within your squadron, but anywhere you find the opportunity to serve. It's about “Airmen taking care of Airmen” through a vigilant focus on overall wellness, which is social, emotional, physical and spiritual well being.

The core of what makes the U.S. Air Force and its NATO allies the most respected Air and Space Forces in the world is its people.

Traditionally, the word “Airman” has been used to describe the most junior levels of the enlisted ranks. Over the past few years, the term has been expanded to encompass all officers and enlisted personnel serving in the Air Force. However, the term “Airman” also includes all those who support using the air

and space environment to achieve American and Allied goals. In short, all military and civilians alike are Airmen. Distinguishing a true Airman is easy; all you need to do is look for a demonstration of core values: integrity first, service before self, and excellence in all we do.

Everyone on the Aviano team is called to be a wingman and together we are the foundation of the “Culture of Airmen,” which rests firmly on our core values. It is this culture and these core values that compel Airmen to take care of Airmen. As a dedicated team committed to our core values and to each other we will succeed in finding a balance between family, faith, fitness, friends, fun and our wing goal of being the world's best at what we do.

I need not remind anyone that we are all serving in a time of great national – and international – challenge. In the words of our Commander in Chief, “Fighting this kind of enemy is a complex mission that will require all our skill and resourcefulness. This is the great challenge of our time, the storm in which we fly.” As Airmen, we have our work cut out for us and each one of us — individually and as a team — must take our service as Airmen seriously to ensure we give our best and remain flexible in order to be mission ready at all times.

Mission accomplishment depends on solid wingmanship from all Aviano Airmen regardless of whether you are an F-16 pilot, maintainer, air traffic controller, operations, planner or serve in a support capacity. By “connecting the dots” to the wing's mission from what you do, you will see that each of you brings a special talent to the fight by providing the world's best warriors the critical support needed to ensure their swords are “sharp and ready” when called to duty. Wingmen, let's roll!!



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer@aviano.af.mil with the subject line “Kudos.” Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

Kudos: Recognizing Those Who Serve

Graduates

Airman Leadership School

“supervisor.” **John Levitow Award** - DeMarques Mitchell, 704th Munitions Support Squadron; **Leadership Award** - Jesus Olivares, 31st Civil Engineer Squadron; **Academic Award** - David Skelton, 712 Munitions Squadron; **Distinguished Graduate Awards** - Magda Andino, 31st Mission Support Squadron; John Sims, 31st Security Forces Squadron; David Skelton, 712th MUNS;

31st Aircraft Maintenance Squadron - Kellie Morrill; **31st Civil Engineer Squadron** - Terrie Marie Adams, Ivonne Collado, Michael Weyer; **31st Communications Squadron** - Alicia Argudin, Itzia Cabantirado, Daryl Hardeman, Brett Hunt, Peter Lynch, Dennis Polite, Kurt Roberson, Tobias Salloum, Kenneth Zapatos; **Detachment 4** - Travis Winstead; **31st Logistics Readiness Squadron** - Timothy Shockley, Soumaly Souvanh; **31st Maintenance Squadron** - Rein De Jesus-Lopez, Loria Grant, Jacob Hughey, Richard Sloan; **31st Medical Support Squadron** - Wynetta Thomas; **31st Security Forces Squadron** - Robert Adao, Anita Gaddis, Richard House, Porscha Howard, William Lagares; **31st Services Squadron** - D'Angelo Tolbert; **603rd Air Control Squadron** - Scott Petteway; **704th Munitions Squadron** - James Baroni; **712th Munitions Squadron** - Jason Bartoe; **725th Air Mobility Squadron** - Michael Hunter, Robert Allison, Maurice Smith, John Wingrove; **Souda Bay, Greece** - Diego Rico

Congratulations to the following Aviano Airman Leadership School Graduates. ALS is the first step of Professional Military Education for the Air Force's enlisted corps. Senior Airmen and staff sergeant selects must complete this 24-day course in order to obtain the title